

Red Flags – Avoiding Abusive Relationships

By Kathy Shore

(Editor's Note: Helping Kathy write this article were members of her Safeplace Support Group.)

With the wave of publicity on domestic violence, many wonder how women get into these relationships, and why many stay. As a survivor, I believe that women can enter into new relationships too quickly and get burned. Many survivors of abusive relationships say they honestly did not know their partners were abusive when they met, or married them. Many describe idyllic courtships, "where everything was wonderful until after the wedding." When others ask, "Didn't you see signs?" many have replied that there probably were signs all along, but they either ignored them or didn't believe the flaws were that serious.

I recently took a poll from fellow survivors of abusive relationships, and we identified some common pitfalls of new relationships and what our advice would be to other women in similar situations.

Do not date on the rebound.

If you are coming out of a marriage or relationship, you need to give yourself time to heal, to analyze what happened, and to learn what you will do differently in your next relationship. When coming out of a marriage or relationship, you are going to be vulnerable, which is not the time to be dating or seeking a new companion. If you get into a new relationship too soon, you may pick another undesirable partner. Women who repeat abusive relationships often do so on the rebound. If the last relationship was a bad one, seek counseling and give yourself time. Find a support group when going through a breakup.

Good self esteem is a must.

The woman who feels good about herself is more likely to attract partners who will treat her with respect. The woman who feels like a whole person – who doesn't think she's "nothing without a man" – is not going to lose sleep when the phone isn't ringing. She is likely to have friends, hobbies, personal interests, and a good attitude toward life – which makes her less vulnerable to bad relationships, and more likely to immediately reject bad relationships early on.

Do not seek relationships with men in bars. Many abusers have problems with substance abuse. Watch for other signs like trouble with the law, traffic fines, unemployment, unpaid bills, or derogatory attitudes toward women and authority figures. Find out about his employment record or credit history.

Watch out for the guy who presents himself as **Prince Charming** upon first meeting, immediately decides he wants to move into a new relationship real fast, or seems to fall in love too fast. Be wary of being "swept off your feet." Or even if you have met what you think is the love of your life, be wary if the guy wants to move in right away or is talking marriage after two weeks. Even if you are smitten, put on the brakes. Too many women have been seduced by this, and did not realize until it was too late that Prince Charming was an abuser in disguise. Let relationships develop slowly and gradually. Take time to get to know him – very well – before making any commitments. It is the best insurance against making a bad choice.

Observe the man in all situations for a long period of time before you decide to become serious. Is he your best friend? Can you talk to him about anything? How does he react when you tell him "no"? How does he deal with stress? How does he treat his mother? His friends? His co-workers? His boss? Do you like his friends? Do your friends like him? How does he cope with frustration or disappointment? Can he handle the ups and downs of life?

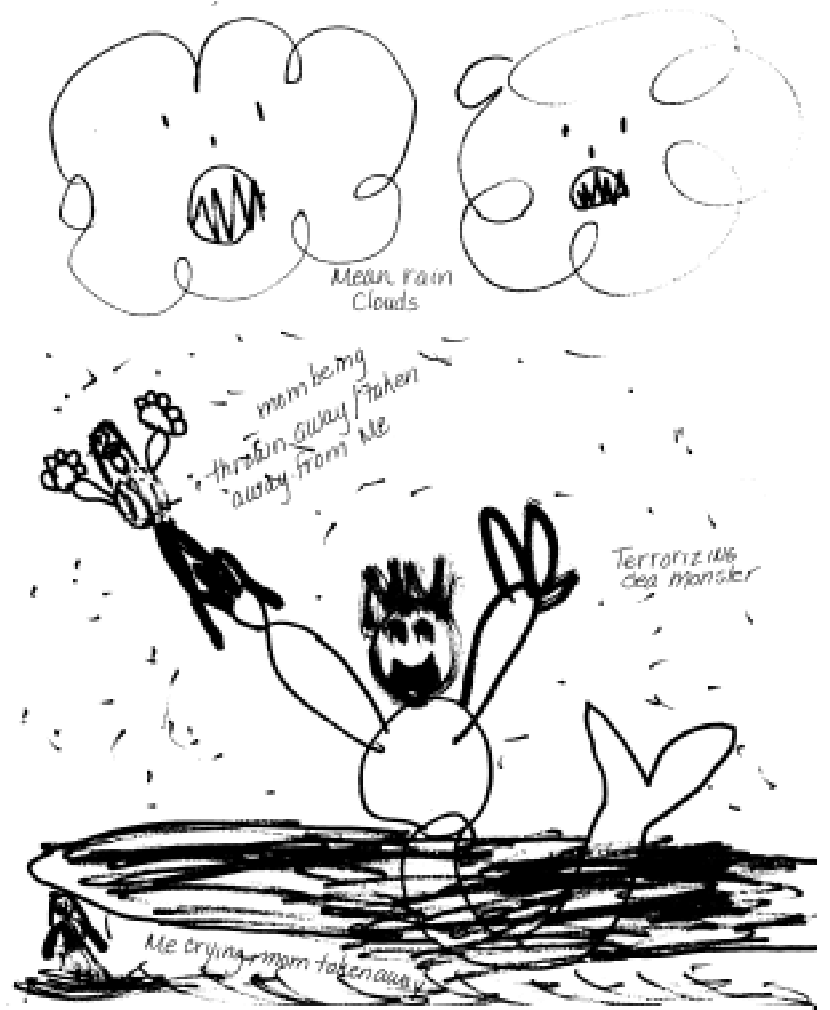
If you have the opportunity to **meet ex-wives or ex-girlfriends**, talk to them about why they broke up with him. Don't just listen to his side of the story. Abusers have a tendency to blame others and to repeat old behaviors in new relationships. Don't assume things will be different with you. If the reason for the divorce or breakup was incompatibility, that can happen to anyone. However, if you have reason to believe he was violent before, don't assume that he has changed. Violence escalates, and you could be in grave danger. Your "love" is not going to change him and will not be enough.

If you have children, does he like kids? Is he patient with them? What are his attitudes and beliefs regarding discipline? Did he have a good childhood?

Does he always have to be in control, or is he willing to consider your wishes as well as his own and to compromise? Does he ask your opinion? How well does he listen? Do the two of you decide things together, or must things always be his way?

We also talked about the **"red flags"** when you're already in the relationship – in "too deep" and are feeling conflicted about staying or leaving. You know when you're in too

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In this drawing provided by Behavioral Health Resources in Olympia, a seven-year-old girl uses art to help express her feelings. The drawing depicts mean rain clouds over a monster which is taking the child's mother away. October is Domestic Violence Awareness Month. On page two, Governor Locke shares his views that "Domestic Violence is Everybody's Business."

Statements For and Against I-695

Background

A Motor Vehicle Excise Tax (MVET) of 2.2 percent is currently applied to the value of all motor vehicles. A license fee of \$23.75 is also required for registration renewal. In November 1998, Washington voters passed Referendum 49, which reduced the MVET by \$30 per vehicle and changed the depreciation schedule for newer vehicles. Referendum 49 reduced taxes by \$258 million in the 1999-01 Biennium and redirected \$143 million in MVET revenues from the State General Fund during that period to bolster transportation funding.

Initiative 695 - Overview

Initiative 695 would repeal the remaining state MVET, the state travel trailer and camper excise tax, and the state clean air excise tax in their entirety. It would also increase the annual vehicle registration fee (license tab fee) to \$30 for passenger cars, cabs, motor homes, travel

trailers, motorcycles, other trailers and tow trucks. Currently, the license fee is \$27.75 for a first-time registration and \$23.75 for the annual renewal.

In addition, the initiative would require voter approval for new or increased taxes or fees proposed by state, county, or local governments.

Statement For I-695

If politicians had one ounce of compassion for the average taxpayer, I-695 would not be necessary. Washington is the 6th highest taxed state in the nation - I-695 keeps us from hitting #1 by limiting excessive taxation. First, I-695 offers \$30 tabs on your car, truck, motorcycle, motor home, and other vehicles. Vehicle tabs are outrageously expensive - families can't afford them. Many senior citizens must choose between paying for tabs and having car insurance or health insurance. Working class folks,

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'Domestic Violence is Everybody's Business'

**By Gary Locke
Governor**

Last spring, we all read the news about a woman with disabilities who was kept isolated in a sailboat, battered, and deprived of basic necessities for years. Charges against her husband are now pending in the courts, among thousands of domestic violence cases that will be filed this year in Washington State. This is an especially complex case, but in many ways a more extreme example of domestic abuse, a serious crime that is all too common and among the least often reported or detected.

In a 1997 national survey, 22 percent of women, and 8 percent of men, reported having been physically abused by a spouse or companion. The survey found that 53 percent of adults personally knew of a situation in which a woman was physically abused by her husband or boyfriend. These percentages varied somewhat by age, race, education or income level, type of community, or region of the country. But every population group was affected.

Domestic violence is a crime. Actually, it covers a long list of crimes when committed against members of the same family or household. But often it never comes to the attention of police officers. When it does, Washington and other states have laws requiring the arrest of abusers and authorizing court orders to help protect victims. Many communities have shelters and advocacy programs to serve victims and their children, and to increase public awareness. But there are still

gaps in laws and services, as well as a lack of public understanding of the many dimensions of this problem.

This year, the Legislature enacted some new laws to help reduce domestic violence, such as:

- Establishing a registration system to help Washington police and courts enforce protection orders issued by courts of other states;
- Requiring quality standards for court-ordered treatment of abusers;
- Increasing penalties for stalking and for violating court orders in domestic violence cases; and
- Requiring Adult Protective Services to investigate suspected abuse of people who receive state-funded care, regardless of their age or disability.

In June, I appointed a Domestic Violence Action Group, chaired by Judge Helen Halpert of Seattle Municipal Court, to recommend improvements in our response to domestic violence. This group of a dozen experts, including ICSEW's Kathy Shore, will report back to me at the end of October. I look forward to reviewing their recommendations.

Stopping domestic violence isn't just government's job. It's a responsibility we **all** share, whether we're personally affected or not. Any of us might see or hear a warning signal – a fight next door, a distraught or injured co-worker, or a child "acting out" in school. Our first instinct may be to not get involved and to respect the privacy of the household. But domestic violence isn't a private matter; it's a threat to the safety of our communities.



You can make a difference for a friend or colleague who may be a victim of domestic violence. Your support and concern can be critical. Listen to a victim who needs to talk about her experience without fearing judgment or rejection. Believe what you hear, because domestic violence happens in every sector of society. Assure a victim that she's not to blame, encourage her to make wise choices and get help, and let her know you won't desert her.

These tips come from the Washington State Domestic Violence Hotline (1-800-562-6025). The Hotline has more information about preventing and dealing with abuse, whether you are a victim, someone who knows a victim, or just a concerned citizen. Domestic violence is **everybody's** business.



From the ABA Commission on Domestic Violence

National Domestic Violence Statistics

(Editor's Note: The following national statistics were compiled by the American Bar Association's Commission on Domestic Violence. Data sources are not cited in this article, but are available at their internet address: www.abanet.org/domviol/stats.html)

Domestic violence crosses ethnic, racial, age, national origin, sexual orientation, religious and socioeconomic lines. By the most conservative estimate, each year one million women suffer nonfatal violence by an intimate. By other estimates, four million American women experience a serious assault by an intimate partner during an average 12-month period. Nearly one in three adult women experience at least one physical assault by a partner during adulthood.

Twenty-eight percent of all annual violence against women is perpetrated by intimates. Five percent of all annual violence against men is perpetrated by intimates. During

1994, 21% of all violent victimizations against women were committed by an intimate, but only four percent of violent victimizations against men were committed by an intimate. In 1993, approximately 575,000 men were arrested for committing violence against women. approximately 49,000 women were arrested for committing violence against men.

Race is not indicative of who is at risk of domestic violence.

-- domestic violence is statistically consistent across racial and ethnic

boundaries.

Batterers and victims may experience domestic violence at any age.

-- women ages 19-29 reported more violence by intimates than any other age group.

-- women aged 46 or older are least likely to be battered by an intimate.

An overwhelming majority of domestic violence victims in heterosexual relationships are women.

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Attorney General Praises ICSEW Pamphlet

Dear Ms. Hubble (former ICSEW Chair):

A big congratulations to you and the members of the Governor's Interagency Committee of State Employed Women for developing an informative and educational pamphlet on domestic violence, and for distributing it to such a large audience - state employees!

Domestic violence shatters and destroys thousands of lives throughout this state and this nation every day. Large or small, all of our actions to stop the violence can and do make a difference. Everyone who ignores or dismisses domestic violence as unimportant or insignificant, is still part of the problem. Anyone who educates themselves about domestic violence is a part of the solution.

Thank you to you and your committee for being a part of the solution.

Sincerely,
Christine O. Gregoire
Attorney General

**Washington State
Domestic Violence
Hotline
1-800-562-6025**

Capitol Campus Child Care Center Offers State Workers a Convenient Location



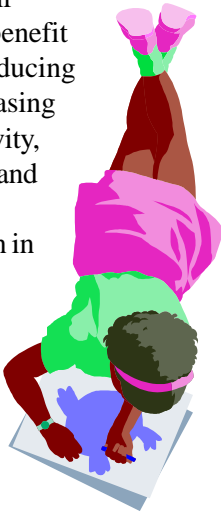
With easy freeway access, just minutes away from the State Capitol, and within walking distance to many of the downtown state office buildings, the Capitol Campus Child Care Center provides state employees from the Thurston County area with a convenient solution to their child care needs.

Just recently Pam Grisgby-Jones from the Child Care and Education Services renegotiated its second three-year contract with the state. Capitol Campus has been in operation for 15 years, providing

child care for state workers' children. Legislation was passed in the '80s which states that "resolving employee child care concerns not only

benefits the employees and their children, but may benefit the employer by reducing absenteeism, increasing employee productivity, improving morale, and enhancing the employer's position in recruiting and retaining employees."

To date, Capitol Campus is the largest child care center for Washington State employees. Presently, there are



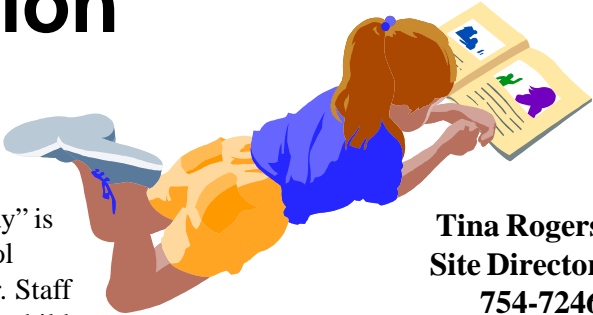
employees from over 20 agencies using this facility for their child care needs.

"Learning through play" is the philosophy of the Capitol Campus Child Care Center. Staff at the center provide quality child care for children ages three-months up to five-years of age. Open from 6:45 a.m. until 6:15 p.m. Monday through Friday, the center provides both full and part-time care.

They provide nutritious, well-balanced morning and afternoon snacks, as well as a hot lunch at no additional cost. Mealtimes are social learning experiences for the children and are served family style.

Capacity at the center is for 79 children. This includes six separate rooms: infant (up to 12 months); wobbler (12-18 months); toddler 1 (18-24 months); toddler 2 (24-36 months); preschool (three-year-olds); and kindergarten readiness (four-year-olds).

All of the staff meet or exceed the state's qualifications for child care professionals. The staff-to-child ratios also exceed the state requirements. Capitol Campus provides a sense of security and

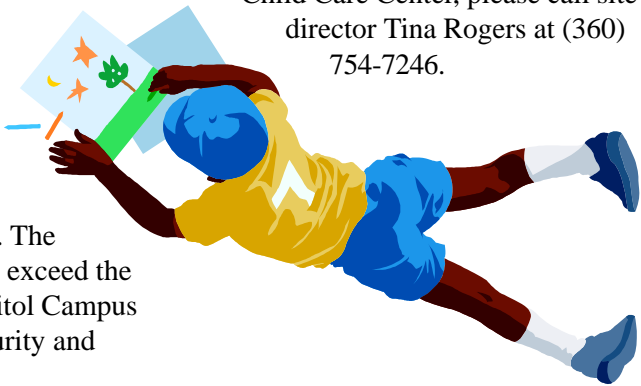


Tina Rogers
Site Director
754-7246

belonging, which helps the children develop to their fullest potential.

Parents play a major role in the program at Capitol Campus. It is essential that good communication exists between the parent and the child's teacher. Phone calls, visits, special events, and field trips are some of the ways available for the parent to share information with their child's teacher.

The center offers competitive rates for the area. To arrange a visit to the center, which is located at 1514 Cherry Street SE, or for more information about the Capitol Campus Child Care Center, please call site director Tina Rogers at (360) 754-7246.



ICSEW Forms Child Care Task Force

In July the Interagency Committee of State Employed Women (ICSEW) unanimously voted to form a task force to re-examine child care issues. Maryann Connell from the Department of Agriculture agreed to chair the Child Care Task Force.

At the September 14 general membership meeting, the "focus" and

mission of the task force will be defined by its members. If people have issues or comments they would like to share, or if they would like to stay informed of the progress and activities of the task force, they can contact Maryann Connell at (360) 902-2050. E-mail may be sent to mconnell@agr.wa.gov

Red Flags – Avoiding Abusive Relationships

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deep by the churning in your stomach, the guilt you feel, the possible fear you might have about leaving. You know it's the beginnings of an abusive relationship when:

He has a tendency to **blame others for his problems and to play the victim**. His mother, for his terrible childhood. His ex-wife or ex-girlfriend. His boss, his co-workers, his neighbors, "the system..." This is a red flag – he needs to blame others for his own sense of inadequacy and unwillingness to take charge of his life, which means that he will eventually be blaming you.

He has a poor sense of boundaries in a relationship. He reads your mail, walks into your house without knocking, goes through your personal things, makes himself "at home" in your house without your permission. Bad manners are a form of abuse. Makes decisions without consulting you. Does not respect your right to say "no" and becomes furiously angry when you disagree with him. He manipulates you through guilt, coercion, intimidation and threats.

Speaks of women in a sexist way – referring to women as objects. He feels that a woman's purpose in life is to serve him and meet his needs.

You hear yourself saying, "**I don't like this (or that) about him**, but he has so much potential!" or you find yourself thinking "But it will be different after the wedding" or you ever find yourself believing that you can change or control anyone but yourself. If you cannot accept him exactly as he is today, think twice about marriage or moving in.

Your friends and family don't like him. This is often a red flag that women in love are likely to ignore. Pay attention to their reasons for not liking him, even if you disagree. They might see things that you don't. They might have your best interests at heart. You may still decide, after listening to their points of view, that you disagree, but it does not hurt to listen, because many times friends and family prove to be right. There is a reason for the term, "Love is blind."

Beware of veiled generosity – telling you that you should quit your job, that he will "take care of you" and that he "would like to have a baby with you" when he has only known you for a short time. Acting as though he will pay your bills. This is a hook. Giving up your job and/or becoming pregnant means you will become dependent on him. Love and dependency do not go hand in hand.

He has already talked you into quitting your job, selling your car, exhausting your savings, and has

you in a position of financial dependence. You have children, and you are afraid to leave because you feel like you could not make it on your own. He has threatened you with violence if you do leave.

He has few or no close friends. The abuser generally has superficial relationships and lacks intimacy in his connections with people. He is usually successful in hiding the abuse from the outside world. A "Jekyll and Hyde" personality is common.

He is possessive and controlling. He is jealous of you as a working woman and puts down your success, or minimizes it. He is jealous of your friends, family and children, and tries to drive them away. This jealousy extends to male bosses, co-workers and friends. He believes that men and women cannot be friends – that there must be attraction involved because "all relationships are sexual." He may even accuse you of flirting or having affairs.

He has trouble expressing any emotions except anger. Throws tantrums when he does not get his way, or his desires are frustrated. You begin to notice that you avoid topics or discussions on any subject that might "set him off." He has problems with road rage. "Loses it" quite often, and blames others for "provoking" him.

Power and control issues extend to the way a woman dresses, the way she keeps house, how she tends to the children. He may accuse her of being a bad mother, or threaten to take the children if she does not do what he wants. He vacillates between charm, coercion and threats.

You begin to notice – more and more – that **your life is not your own**. You live your life more and more to suit his needs instead of your own. You tell yourself it is "too much trouble" and you want to "avoid a fight." This is a red flag that you are under his control.

You notice that there is a **cycle of tension** building – fighting – and a "honeymoon period." This is the cycle of abuse.

If he hits you – even once – it is grounds to leave. Do not believe him when he cries or promises it will never happen again.

The best insurance to avoid abusive relationships is self awareness, healthy self esteem, emotional and financial independence, and taking charge of your life. If you are already in an abusive relationship and want to get out, there is hope. Contact your local women's shelter network and find out about resources in the community and prepare an escape plan.



Hispanic Women’s Network (HWN) to Celebrate 10th Anniversary with Dinner/Entertainment

By Tina VanderWal
The Hispanic Women’s Network (HWN) started with a simple need – to be with other Hispanic women, to hear the Spanish language, and to share this beautiful culture. It began in 1986 with just three of us, Rosemarie Clemente, Teresa Martinez and myself. We met together for lunch once a month and invited other Hispanic women. We shared our cultures, Mexican, Cuban, Peruvian, Guatemalan, Panamanian and more – all were welcome.

That was how we came up with the name of Hispanic Women’s Network. “Hispanic” – because all Spanish-speaking cultures were welcome and “Women’s Network” because it was intended to be a support system, where we could encourage and support Hispanic women in our personal and career

growth. The poem to the right best describes HWN.

By 1989, we had enough members to become a bon-a-fide non-profit organization with by-laws and a mission. Over the years our mission expanded to include awarding scholarships for Hispanic youth, educating our community about the Hispanic culture, providing an annual youth leadership workshop, a Cinco de Mayo event, a Christmas fiesta, and more.

On Friday, October 1 the Hispanic Women’s Network will be celebrating 10 years of achievement with a dinner and entertainment at the Worthington Center in St. Martin’s College at 6:00 p.m. Tickets are \$20 and can be purchased from any HWN member, or you can call Lisa VanderWal at 426-2444; e-mail vanderc@hctc.com

HWN Our Home
By Tina VanderWal

*I believe that there must be a place
Where women can meet, and talk and trace
Their culture, their spirit, the Hispanic race.*

*I believe that there must be a home
Where the lonely spirit need no longer roam.
Where Spanish is spoken and daughters come home.*

*I believe that there must be a place
Where women are valued for more than their face.
Where women can network and show their true worth.
To better themselves and others on earth.*

*I believe that we have found that home.
Hispanic daughters need no longer roam.
HWN has become our home.*



Calendar of Events	
Hispanic Heritage Month.....	September
ICSEW General Membership Meeting	September 14
First Day of Fall.....	September 22
Domestic Violence Awareness Month	October
Columbus Day	October 11
ICSEW Executive Board Meeting	October 12
Daylight Savings Time Ends (Fall Back)	October 24
Halloween	October 31
Election Day	November 2
ICSEW General Membership Meeting	November 9

Statements For and Against I-695

Continued from page 1
not just rich people, should be able to afford a newer vehicle. \$30 per year for tabs is reasonable.

But we knew politicians would try to raise other taxes, so... I-695 protects taxpayers by requiring voter approval for any tax increase (most states limit excessive taxation, Washington does not). With I-695, politicians must look at other options first (using existing revenues, tax surpluses, prioritizing programs). I-695 limits excessive taxation and offers the first meaningful tax relief to the little guy since the voters eliminated the sales tax on food 20 years ago

The government will obviously adjust to I-695 (the same way we adjust when they raise our taxes). If we can’t provide tax relief when there’s a \$1 billion tax surplus and a thriving economy, when can we? Besides, tabs make up less than 2% of government spending, \$500 million per year that will get pumped right back into our state’s economy.

If I-695 passes, the politicians say all government services will disappear - that’s absurd. With tabs less than 2% of government spending, a \$1 billion tax surplus, and Washington the 6th highest taxed state, isn’t I-695 better than what we’ve got now? I-695 is a rare opportunity - take advantage of it. Anything but an overwhelming “Yes”

for I-695 will be seen by politicians as an endorsement of higher taxes. I-695 helps the little guy - vote “Yes.”

Statement Against I-695
I-695 is poorly drafted and contains loopholes. I-695 doesn’t do what it promises. It is poorly drafted and contains a major loophole that makes our automobiles subject to the property tax, just like our homes. I-695 will remove a third of state funding for transportation. Last year, voters approved Referendum 49 to make major improvements in our transportation system. I-695 reverses this decision made by the voters. Transit will be cut by 25 percent. Thousands more cars will be added to freeway congestion during commute times. I-695 will take more than \$360 million each year from local programs like Medic One and police and fire departments in communities across Washington State.

There’s more. I-695 also takes money from other valuable local programs: transportation, child abuse prevention, senior centers, crisis family counseling, school safety and mental health programs. I-695 is unfair because it gives the biggest tax break to wealthy people who own the most expensive cars. You can bet that government won’t be taxing the rich to replace lost tax money, they’ll tax working people.

I-695 goes too far - vote No. I-695 does nothing to control govern-

National Domestic Violence Statistics

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- 90 - 95% of domestic violence victims are women.
- the chance of being victimized by an intimate is 10 times greater for a woman than a man.
- 70% of intimate homicide victims are female.
- Battering tends to be a pattern of violence rather than a one-time occurrence.
- during the six months following an episode of domestic violence, 32% of battered women are victimized again.
- Domestic violence has immediate and long term detrimental effects on children.
- each year, an estimated 3.3 million children are exposed to violence by family members against their mothers or female caretakers.
- in homes where partner abuse occurs, children are 1,500 times more likely to be abused.
- 40-60% of men who abuse women also abuse children.
- in one study, 27% of domestic homicide victims were children.
- when children are killed during a domestic dispute, 90% are under age 10; 56% are under age two.

ment spending. We’d all like to pay lower taxes, but I-695 means that money for essential services must come from other sources. Most states with license tab fees as low as I-695 proposes make up the difference with an income tax. Is that what the voters of Washington State want?

Rebuttal of Statement Against I-695
I-695 has no loopholes. Once vehicle tabs were lowered to \$30, we knew politicians would try to raise other taxes. I-695 is carefully written and requires voter approval for tax increases, meaning politicians CAN’T impose property taxes on vehicles, a state income tax, or ANY tax without asking your permission first. Politicians will NEVER limit excessive taxation; here’s our only chance. Isn’t I-695 better than what we’ve got now? Help the little guy; vote “Yes.”

Rebuttal of Statement For I-695
I-695 cripples programs that responsible people support. There is nothing compassionate about cutbacks in fire and police protection, school safety and Medic One programs. We all want the transportation improvements approved in Referendum 49. We don’t like taxes, but we know how congested our roads will be if we reduce transit funding by 25 percent. Vote No on I-695.

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